

**Information**  
**Kinard Middle School Cross Country**  
**Fall 2010**

**First Practice: Monday, August 23<sup>rd</sup>, 3:30-4:30**

Below is important information about participating on Kinard's famous and fabulous cross country team! **If you are or plan to be an enthusiastic and dedicated runner, we hope you will join us this fall!** Runners of all levels are welcome!

**Coach**  
Rhonda Parmley  
[rrparmley@gmail.com](mailto:rrparmley@gmail.com)  
970-391-0179

**Parent and Runner Meeting :**

Friday, August 27<sup>th</sup>, 4:30-5:00. Meet schedules and additional information will be provided.

**Registration Information :**

As soon as you have decided to join our team, please register with the City of Fort Collins at any City Recreation Center. You must enter Kinard's code: 46399-04.

**Practice Information:**

- Practices are Monday through Friday (except meet days and school holidays) 3:30-4:30 and will begin on **Monday, August 23<sup>rd</sup>**.
- You are expected to be on time to practice, prepared and ready to participate.
- **In order to run in meets you must make two practices per week.** For safety's sake, it is critical that you let me know if you will miss a day of practice.

**Clothing/Supplies:**

- Eat a light snack just before practice.
- Bring a water bottle!
- Wear clothing appropriate for the weather, including supportive running shoes.
- Wear sunscreen!
- Meet Uniforms: Singlets will be provided and they must be returned at the end of season.

**Communication:**

Email is my primary means of communication with runners, parents and guardians. Please read emails from me for updates about the season. If you do not have access to a computer or do not have an email account, please let me know so that we can determine a reliable way to communicate with each other.